



DECEMBER 2016

Newsletter

Why Volunteer?

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help others those in need and improve your health and happiness.

VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

Volunteering provides many benefits to both mental and physical health.



Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has

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END OF YEAR GIVING OPPORTUNITY - Each year our nutrition program battles funding issues. Would you consider a year-end tax deductible donation to help fund this important program? Every donation, no matter what amount, is greatly appreciated!

Donations can be made to MCOA&CS, 842 SE 1st Ave. Ontario, OR 97914.



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UPCOMING EVENTS

Tai Chi Class - Tai Chi will be starting at the MCOA&CS office in January.
Contact the office for more details.

Powerful tools for Caregivers Training - beginning February 1st. Please contact MCOA&CS to register. \$25 fee, - scholarships may be available to those who qualify.

Family Caregiver Support Group - December 8th, 3:30pm, Edgewood Senior Living, in Fruitland ID.

Alzheimer's Support Group - on December 15th, at 3:30pm. Held at Edgewood Senior Living, in Fruitland ID.

Senior Center Events:

Nyssa Senior Center Bingo - Every Tuesday at 10am. 5 cents per card.

Nyssa Seniors Monthly Meeting & Christmas Dinner - Dec 14th, 11:30am meeting, 12pm Christmas dinner. The senior center is providing turkey, ham, potatoes and gravy. Please bring a side dish for the potluck.

SRCI Christmas Luncheon - December 15th, 12pm. Sign up by December 9th to attend. Sign up sheets can be found at Nyssa, Vale, and Ontario Senior Centers, as well at MCOA&CS. Transportation is available from the Nyssa, Vale and Ontario Senior Centers, and from MCOA&CS office. You must request a ride at time of sign up. Pick up times will be posted at all pick up locations. Please do not wear blue jeans and bring only your ID or drivers license with you. Blue Jeans are not allowed and all other personal items are considered contraband.

Free Community Dinner - Christmas Day, 12pm-2:30pm. Nyssa Senior Center is hosting.

SENIOR DANCES

Nyssa Senior Center dance on December 6th from 6-9pm. Music by Eldon Tapp. \$5.00 admission and please bring a dish to share. There will be no dance on Christmas Eve.

Vale seniors dance on December 17th, from 6-9 pm. Seniors Only, \$5 admission, please bring a dish to share.

New Year's Eve Dance - December 31, 6pm-9pm, Vale Senior Center. Seniors Only, \$5.00 admission, please bring a dish to share.

Events continued...

Ontario Seniors Dance, every Friday, 6pm-9pm.

Payette Seniors Dance, every Wednesday, 6pm-9pm.

Weiser Senior dance, December 10th, 6pm-9pm.

Harvest House Missions Holiday Calendar

Harvest House Missions - 161 SW 9th St., Ontario, OR

December 2nd, 5:30pm - **Thanks Be To God** Celebration at Harvest House Missions. Come and enjoy a special music and dinner

December 14th, 10am-2pm, Pop-Up thrift store at Harvest House Missions - Free - up to 3 outfits per person depending on availability.

December 19th, 5:30pm BINGO at dinner

December 21st, 5:30pm Christmas dinner at Harvest House Missions, sponsored by St. Alphonsus

Questions? Contact Renee Cummings at Renee@cina.team

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also been shown to improve mood and reduce stress and anxiety.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose.

Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

I HAVE LIMITED MOBILITY—CAN I STILL VOLUNTEER?

People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart

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disease, diabetes or digestive disorders all show improvement after volunteering.

Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. In today's digital age many organizations need help with writing, graphic design, email, and other web-based tasks. Some organizations may require you to attend an initial training session or periodical meetings while others can be done completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.

GETTING THE MOST OUT OF VOLUNTEERING

You're donating your valuable time, so it's important that you enjoy and benefit from your volunteering. To make sure that your volunteer position is a good fit:

Ask questions. You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. Sample questions to your volunteer coordinator might address your time commitment, if there's any training involved, who you will be working with, and what to do if you have questions during your experience.

Make sure you know what's expected. You should be comfortable with the organization and understand the time commitment. Consider starting small so that you don't over commit yourself at first. Give yourself some flexibility to change your focus if needed.

Don't be afraid to make a change. Don't force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike. Talk to the organization about changing your focus or look for a different organization that's a better fit.

If volunteering overseas, choose carefully. Some volunteer programs abroad can cause more harm than good if they take much-needed paying jobs away from local workers. Look for volunteer opportunities with reputable organizations.

Enjoy yourself. The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.

<http://www.helpguide.org/articles/work-career/volunteering-and-its-surprising-benefits.htm>

Four Types of Foods to Help Boost Your Memory

If you're feeling forgetful, it could be due to a lack of sleep or a number of other reasons, including genetics, level of physical activity and lifestyle and environmental factors. However, there's no doubt that diet plays a major role in brain health.

The best menu for boosting memory and brain function encourages good blood flow to the brain — much like what you'd eat to nourish and protect your heart. Research found the Mediterranean Diet helps in keeping aging brains sharp, and a growing body of evidence links foods like those in the Mediterranean diet with better cognitive function, memory and alertness.

Strengthen Recall by Adding These Foods to the Rotation

1. Eat your veggies.

You're not likely to forget this message. Getting adequate vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Try a kale salad or substitute collard greens for a tortilla in your next sandwich wrap. Broccoli stir-fry is also an excellent option for lunch or dinner.



Tijana87/iStock/Thinkstock

2. Be sweet on berries and cherries.

Berries — especially dark ones such as blackberries, blueberries and cherries — are a rich source of anthocyanins and other flavonoids that may boost memory function. Enjoy a handful of berries for a snack, mixed into cereal or baked into an antioxidant-rich dessert. You can reap these benefits from fresh, frozen or dried berries and cherries.

3. Get adequate omega-3 fatty acids.

Essential for good brain health, omega-3 fatty acids, docosahexaenoic acid (DHA) in particular, may help improve memory in healthy young adults. “DHA is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently,” says Andrea Giancoli, RD, registered dietitian and past Academy of Nutrition and Dietetics spokesperson (2005-2014).

Seafood, algae and fatty fish — including salmon, bluefin tuna, sardines and herring — are some of the best sources of omega-3 fatty acids. Substitute fish for meat a couple of times each week to get a healthy dose. Grill, bake or broil fish for ultimate flavor and health. Try salmon tacos with red cabbage slaw, snack on sardines or enjoy seared tuna on salad greens for dinner. If you don't eat fish, discuss other food options and supplementation with your doctor or registered dietitian nutritionist. You can get omega-3 fatty acids from fish oil, seaweed or microalgae supplements.

4. Work in walnuts.

Well known for a positive impact on heart health, walnuts also may improve working memory. Snack on a handful of walnuts to satisfy midday hunger, add them to oatmeal or salad for crunch or mix them into a vegetable stir-fry for extra protein.

These foods are not just good for the brain, they sustain a healthy heart and all parts of the body. While there's no guarantee that these foods will help you remember where you put your keys tomorrow, over time they can support lifelong good health.

By Marisa Moore, MBA, RDN, LD, Published November 18, 2016, Marisa Moore, MBA, RDN, LD, is an Atlanta-based registered dietitian nutritionist.

Fall Prevention - The Facts



- One out of three individuals 65 and older falls each year.
- Two-thirds of those who fall will do so again within 6 months.
- Falls are the leading cause of both fatal and nonfatal injuries for those 65 and older in the United States. The most common injuries related to falls include head injuries, wrist fractures, spine fractures and hip fractures.
- Falls threaten seniors' safety and independence.
- A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. <https://www.ncoa.org>

Christmas Roasted Vegetables Recipe

Ingredients:

- 1 large butternut squash, peeled, seeded, and cut into 1-inch pieces
- 1 large delicata squash, peeled, seeded, and cut into 1-inch pieces
- 3 sweet potatoes, peeled and cut into 1-inch pieces
- 1 (2 pound) rutabaga, peeled and cut into 1-inch pieces
- 2 red potatoes, peeled and cut into 1-inch pieces
- 2 carrots, sliced
- 1 large onion, sliced
- 2 tablespoons dried rosemary
- 2 tablespoons dried thyme
- 1 teaspoon dried oregano
- 2 tablespoons extra-virgin olive oil
- 6 dried bay leaves
- 1 dash lemon juice
- 1 dash red wine vinegar
- 1 pinch salt
- 1 pinch ground black pepper
- 2 apples (medium, sliced)
- 1/2 cup walnuts (chopped)
- 1 cup dried cranberries
- 1/2 cup green onion (sliced)
- 3/4 cup vinaigrette dressing

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. Mix butternut squash, delicata squash, sweet potato, rutabaga, and red potato pieces, carrots, and onion in a large roasting pan. Mix rosemary, thyme, and oregano in a small bowl.
3. Drizzle olive oil over the vegetables and sprinkle with herb mixture; toss to coat vegetables with oil and herbs. Scatter bay leaves over vegetables and drizzle lemon juice and red wine vinegar over the top.
4. Roast in the preheated oven until vegetables are tender, about 1 hour and 30 minutes, stirring every 30 minutes. Season with salt and black pepper.

Tip:

Aluminum foil helps keep food moist, ensures it cooks evenly, keeps leftovers fresh, and makes clean-up easy.

SRT-Malheur Express Para-Transit Service

The para-transit service is for people whose disability prevents them from using the routed bus service independently. Para-Transit Service operates the same days and hours as the fixed route at a maximum of 3/4 mile on both sides of the route. You must be a registered rider to use this service (there is an application process). CALL for more information, (541) 881-0000.

CDL Drivers Needed - Apply Today!

SRT-Malheur Express is seeking CDL drivers with passenger endorsements. This is a great opportunity for retired individuals who would like part time work and a chance to make some extra money. Qualified drivers must be at least 25 years old. Call 541-889-7651 to apply.



Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



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December Meals

Vale Meals:
Mondays & Wednesdays
Nyssa and Ontario Meals:
Tuesdays & Thursdays
Meals served at 12pm

	DAY 1	DAY 2
WEEK 1 Vale: Dec. 5 & 7 Ont/Nys: Dec. 6 & 8	Egg Flower Soup Orange Chicken Fried Rice Hot Vegetable Crescent Rolls Dessert Milk	Green Salad w/ Ranch Chicken Tacos Spanish Rice Seasoned Beans Hot Vegetable Cheese/Salsa/Sour Cream Tortillas Dessert Milk
WEEK 2 Vale: Dec. 12 & 14 Ont/Nys: Dec. 13 & 15	Green Salad w/ Creamy Italian Lasagna Hot Vegetable Cheesy Garlic Bread Sticks Milk Happy Birthday Cake!!!!	Soup of the Day Hot Roast Beef Sandwich Mashed Potatoes Beef Gravy Wheat Bread Dessert Milk ***Dec. 15 - no meal - SRCI Christmas Luncheon***
WEEK 3 Vale: Dec. 19 & 21 Ont/Nys: Dec. 20 & 22	Soup of the Day Fried Chicken Mashed Potatoes Country Gravy Hot Vegetable Biscuits Dessert Milk	Soup of the Day Stuffed Bell Peppers Baked Potato w/Toppings Hot Vegetable Wheat Dinner Rolls Dessert Milk
WEEK 4 Vale: Dec. 26 & 28 Ont/Nys: Dec. 27 & 29	Cabbage Salad Stuffed Pork Chops Mashed Potatoes Pork Gravy Hot Vegetable Parker House Rolls Dessert Milk	Green Salad w/ 1000 Island Turkey ala King Pasta Hot Vegetable Wheat Bread Dessert Milk

Merry Christmas

